

Patient Information Leaflet



Muscle Pain Relief Cream

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. Nevertheless you still need to use it carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms do not improve.
- If any of the side effects become serious or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Boots Muscle Pain Relief Cream is and what it is used for
2. Before you use Boots Muscle Pain Relief Cream
3. How to use Boots Muscle Pain Relief Cream
4. Possible side effects
5. How to store Boots Muscle Pain Relief Cream
6. Further information

1. What Boots Muscle Pain Relief Cream is and what it is used for

Boots Muscle Pain Relief Cream is a non-greasy, pain relieving cream to be applied to the skin. It is used for the relief of muscular pains and stiffness including:

- Backache and lumbago
- Sciatica (pain in the lower back and thigh)
- Fibrositis (muscle tenderness or stiffness)
- Rheumatic pain (in muscles tendons joints or bones)
- Chilblains
- Bruises
- Minor sports injuries

2. Before you use Boots Muscle Pain Relief Cream

Do not use Boots Muscle Pain Relief Cream if you have an allergy

- to any of the **ingredients** (see end of Section 2 and Section 6)
- to **painkillers** such as **aspirin**, **ibuprofen** and other **non-steroidal anti-inflammatory drugs (NSAIDs)**.

Do not use Boots Muscle Pain Relief Cream on:

- children under 5 years of age
- your eyes or other sensitive areas. If this occurs accidentally wash away with plenty of clean water.
- broken or inflamed skin.

Boots Muscle Pain Relief Cream is only for use on the skin. Do not take by mouth.

Take special care with Boots Muscle Pain Relief Cream

See your doctor before using Boots Muscle Pain Relief Cream if you:

- are pregnant or breastfeeding
- have asthma.

Do not smoke or go near naked flames – risk of severe burns. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product build up but not totally remove it.

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes any medicines you have bought without a prescription.

See your doctor before using Boots Muscle Pain Relief Cream if you are taking

- medicines that thin the blood or prevent clots (including aspirin)

Pregnancy and breastfeeding

See your doctor before using Boots Muscle Pain Relief Cream if you are pregnant or breastfeeding. Ask your doctor or pharmacist for advice before taking any medicine.

Important information about some of the ingredients of Boots Muscle Pain Relief Cream

Boots Muscle Pain Relief Cream contains:

- **propylene glycol** which may cause skin irritation
- **wool fat (lanolin)** and **cetostearyl alcohol** which may cause local skin reactions (eg. contact dermatitis).

If irritation occurs, stop using the cream and speak to your doctor or pharmacist.

3. How to use Boots Muscle Pain Relief Cream

Boots Muscle Pain Relief Cream is for adults and children over 5 years old. It can be used before or after exercise.

- always try on a small area first
- gently massage a thin layer of Boots Muscle Pain Relief Cream to the affected area until the cream is rubbed in
- apply Boots Muscle Pain Relief Cream 2-3 times daily
- always wash your hands immediately after use so that you do not transfer it to sensitive areas such as your lips or eyes. If this occurs, wash away with plenty of clean water.
- if your symptoms do not improve see your doctor

- stop using Boots Muscle Pain Relief Cream if you get excessive skin irritation or other unwanted effects

Do not cover the skin with bandages, plasters or any other dressing. However, it is safe to cover the skin with your clothes.

If you use more Boots Muscle Pain Relief Cream than you should

If you accidentally squeeze out too much cream use a tissue to wipe off any excess. If you or a child accidentally swallow the cream contact your doctor or hospital immediately.

If you forget to use Boots Muscle Pain Relief Cream

If you forget to use the cream apply Boots Muscle Pain Relief Cream again when you remember. Do not use the cream more than 3 times in one day.

4. Possible side effects

Like all medicines Boots Muscle Pain Relief Cream can cause side effects, although not everybody gets them.

The following effects may occur, particularly if you have sensitive skin or if you use Boots Muscle Pain Relief Cream in hot weather or after a hot bath:

- temporary skin redness
- burning sensation
- rashes
- skin burns or blisters

Stop using Boots Muscle Pain Relief Cream and tell your doctor if you experience excessive skin irritation or other unwanted effects.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of medicines.

5. How to store Boots Muscle Pain Relief Cream

Keep out of the sight and reach of children.

Store below 25°C.

Do not use after the expiry date which is printed on the tube and carton. The 'expiry' date refers to the last day of that month.

Take any Boots Muscle Pain Relief Cream that is out of date to a pharmacist for disposal.

6. Further information

What Boots Muscle Pain Relief Cream contains

The active substances are:

- Methyl Salicylate 12.80%w/w
- Menthol 5.91%w/w
- Eucalyptus Oil 1.97%w/w
- Turpentine Oil 1.47%w/w

The other ingredients are sodium cetostearyl sulfate, cetostearyl alcohol, propylene glycol, wool fat (lanolin), liquid paraffin and water (see the end of Section 2).

What Boots Muscle Pain Relief Cream looks like and contents of the pack

Boots Muscle Pain Relief Cream is a white cream. Each tube contains 35g.

Marketing authorisation holder and manufacturer:

The Mentholatum Company Limited, East Kilbride, G74 5PE, Scotland, UK

Distributed by The Boots Company PLC Nottingham NG2 3AA

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

PL00189/5002R

This leaflet was last revised in July 2019

Artwork Reference WBAG380730